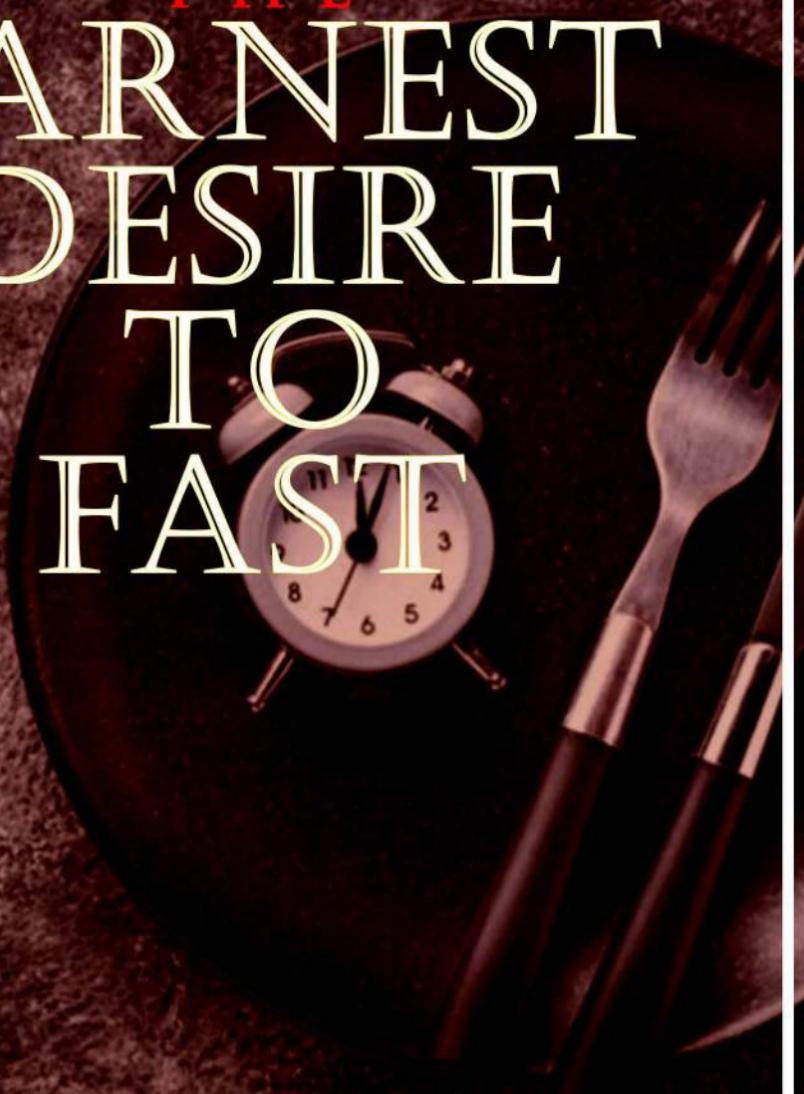


The Pathway To The Anointing Is A Path Less Trekked By Many  
Although, Few Still Dare To Walk Upon.  
I Dare You!



THE  
EARNEST  
DESIRE  
TO  
FAST

Philip Cephias

# EARNEST DESIRE TO FAST

It Is Impossible To Effectively Walk With God  
Without The Anointing Of The Holy Spirit.  
Everything Change In A Man's Life  
The Day He Get Anointed.

## Philip Cephas



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EARNEST DESIRE TO FAST

1st Edition,

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# DEDICATION

I dedicate this book to the Lord Jesus Himself! Jesus, I really do want to pour out my life on You! You are the lover of My soul— how I long for your courts and to enter into Your presence. I am a ruined man before you met me and first loved me! Thank you, Jesus!

# ACKNOWLEDGMENT

Over the years, I have had the high privilege of being impacted by some of the greatest teachers and generals of prayer. Their deposits into my life have been rich and irreplaceable. I thank The Lord for all those sacrificial servants who have helped to hold up my arms as we continue with endurance to run the race that is set before us.

I also want to thank the pioneers who have gone before us in mastering the “Pathway to the Anointing,” where would we be without them? Books and sermons have been my mentors—so, thanks to all those who laid the foundation that we get to build upon.

Lastly, I want to thank my dear family and friends. I am truly grateful to The Lord for such a family and friends who love The Lord, and desire to see His kingdom come on the earth.

Blessings to you all!

Philip Cephas

# TABLE OF CONTENTS

Title .....	i
Connect with Philip Cephas .....	ii
Copyright .....	iv
Dedication .....	v
Acknowledgemnet .....	vi
Table of Contents .....	vii
Earnest Desire to Fast .....	1
The Mystery of Fasting .....	3
The Mystery of Communion .....	8
About the Author .....	19
Correspondance .....	20
Other Books by the Same Author .....	21
River of Words Feedback .....	22

The background features a series of thin, orange, wavy lines that flow from the top right towards the bottom left, creating a sense of movement and depth. The lines are closely spaced and curve around the central text.

**EARNEST  
DESIRE  
TO  
FAST**



# EARNEST DESIRE TO FAST

When the word “fasting” is mentioned, many people get scared and I wonder, what they are afraid of. Fasting is a normal spiritual exercise that results in more consecration for proper alignment in order to hear and perceive God in the right perspective. This spiritual practice cannot be overlooked in the body of Christ.

*Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

*Isaiah 58:3-6*

Proper fasting has never killed and cannot kill anyone, for fasting is an old custom of the Jewish people in the Old Testament. It was even mandatory in some seasons for consecration of oneself to be purged and purified by God. Prophet, kings, priest and even the laity in the society at large were saddled with the responsibility of keeping the fast of The LORD in those seasons. Fasting must be done with prayers and

making of supplication unto God as a petition. We have seen through the scriptures that when a believer or an individual fast, terrible and impossible situations become possible because God releases His strength to cause a change for the people. Fasting is done in different manners. It can be undertaken by an individual, group, family, nation and even cooperate bodies. Most times, days are given for the waiting period of the fast according to the revelation and instruction given by God. In the Old Testament, sack cloths and ashes are put upon to symbolize the degree of grievousness, pain and the desperation to see God come intervene. The Jews believe solemnly that when they fast, they attract God's attention to come rescue them in times of pain and distress especially in times of danger and threats from their enemies. It is possible for an individual to get God's attention by afflicting his soul so that God can look upon him and pour out Himself to release grace and mercy on his behalf. We saw Hannah, the mother of Samuel how she afflicts herself praying until God saw her through her challenge of barrenness.

*And as he did so year by year, when she went up to the house of the LORD, so she provoked her; therefore, she wept, and did not eat. Then said Elkanah her husband to her, Hannah, why weepest thou? And why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons? So Hannah rose up after they had eaten in Shiloh, and after they had drunk. Now Eli the priest sat upon a seat by a post of the temple of the LORD. And she was in bitterness of soul, and prayed unto the LORD, and wept sore. And she vowed a vow, and said, O LORD of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the LORD all the days of his life, and there shall no razor come upon his head.*

*1 Samuel 1:7-11*

## **The Mystery of Fasting**

Have you ever wondered how people fast for days without eating and drinking and still remain alive? Some also wonder how long one can fast in his own capacity. There is no limit to fasting, you can fast

as long as the grace and strength is released upon you by God. Long Fasting requires the supply of the grace of God to be sustained. Fasting that is embarked upon for long days and months whether dry or wet are strictly undertaken by revelation from The Holy Spirit. The Holy Spirit releases strength and grace upon the individual to tarry and wait on Him for that long. Fasting is a spiritual thing and it is very important not to be done in the flesh resulting to starvation and a hunger strike. If we must gain the benefit and result that is expected of fasting then, it must be done as a spiritual exercise with a revelation. Also, fasting brings the anointing upon the life of an individual and can draw him closer to God. This is because anytime you consecrate yourself unto God, you are comforted and refreshed by the glory of God. The coming of God to you as a visitation will result in the release of the anointing as a deposit on you even when the fasting period is over. During fasting, God comes to release His grace and strength upon mortals, so that we can be able to endure the process and period of waiting. The resources of heaven that is released upon us during fasting is supposed to see us through the season and remain with us as an enablement from God to carry the anointing released. Whenever you abstain from food, your focus is single and your unending desires are minimized, you become more interested in an encounter with God. Fasting also has a way of minimizing and silencing our unbelief, making us to believe God the more. Fasting also silences the flesh that speaks to us through our emotions, vile affection and other means. When you fast, the flesh is tamed so that it can have no control over you. The truth about fasting is that you are supposed to avoid earthly food and lust but partake of divine meal and heaven's bread and drinking of the living waters that spring from heaven's throne. When people fast, they encounter Jesus Christ The Living One who administers to them the living water which makes them loose taste of earthly pleasures. Lust of the flesh can be conquered by the greater love of God! When you are lusting for a wrong thing, simply replace it by a love for the right thing, having and unending love for God and His kingdom. Let people call you a freak and a weirdo, but all you care about is that the kingdom of God. As the scripture says, the wisdom of man is considered foolishness before God. Don't just fast blindly, but fast in searching and seeking for the living one so that He can show you the sure and the living way to eternity. There is no nobility in starving

to dead. If you must venture into a soul fast, then do it accordingly, with a pure heart and a desire toward God knowing fully well that He takes pleasure in you excelling and prospering in whatever you do. In the season of fasting, God gives out spiritual bread that sustains and keeps people in shape spiritually. This is why when you fast religiously, you will do yourself no good, but rather more harm to your body by starving it from daily required nutrients. Always know that fasting is supposed to bring you closer to God, and it is also supposed to give you the ability to eat of heavenly bread and drink of the living water of The Spirit. God is present even in your desert times. Fasting seasons are referred to as a desert, draught and a wilderness journey. Even in the desert, God can make a supply for you if you truly seek Him in spirit and in truth. He has provided for the children of Israelites in the wilderness in impossible times. Also, He provided for Hagar and her son Ishmael in the wilderness when they had no water to drink. Elijah was fed by a raven in the wilderness, the Israelites were given manna to eat and water to drink from the rock which is Christ Jesus that followed them all through the way out of the wilderness. Always seek to eat spiritual food when you are fasting. Always have an open heart and spirit so that God will satisfy you in the spirit and you will feel no hunger because spiritual nourishment and refreshment is administered to you by The Spirit of God. There is such a thing as the living water which you need during fasting. When taken, it makes you not to taste again, such is a spiritual water that quenches spiritual hunger and thirst. The scriptures say,

*For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.*

**2 Corinthians 4:16-18)**

This passage gives us much insight into what God expects and intends spiritual fasting to be. Fasting is not to starve the body onto perishing, but to get the inner spiritual man to be renewed day by day. Man is

a tripartite being consisting of a spirit, a soul and a body. All of these components must undergo different processes of change to be able to sustain and contain the anointing of God. The spirit must be regenerated, the soul must be recreated and the body must be transformed into a new creation in Christ Jesus. The spirit needs the revelational speaking of God to be sustained; the Rhema of God put in the right perspective. While, the soul needs to be renewed by the word of God and the body needs the normal balanced diet to survive and thrive. Many ministers make the grave mistake of neglecting their body and most paid dearly with their lives, God is not interested in starving you to death. The same way He expects you to take care of your spirit and soul by putting them in the right perspective of doctrine and truths, He also expects you to take care of your body by supplying it with the necessary balanced diet that will keep it in shape so He can relate with you effectively. Any sick and bedfast minister of the gospel has some limitations in the body since the body is a vital component of a man as well as the spirit and the soul. It must be given the proper care. A wise man says: *“most people spend their health in search for money, and when they find the money, they spend their money in search for their health.”* What an irony of life! You may not be in a quest searching for money like the others, but I believed the picture is clear to you. We must not let our passion and desire lead us to destruction. In fact, I doubt if you can be relevant if you don't have all the component of a human being (spirit, soul and body) in shape. You cannot be a man with only a spirit or a soul or only a body, they all need each other. In the physical and natural realm, it is our body that do business while our spirit and soul influence it to act aright according to the pattern of God. Nevertheless, you have a spirit man: that is the true identity of who you are. There is another reality of who you are inside of Christ Jesus even before you were born to earth. That means, there is another 'you' inside of yourself that sees no limitation because that 'you' is in the likeness of God in the spiritual realm. Most times, when God wants to talk to you, He communicates and fellowships with you through the spiritual man or the spirit man. Before we were born, we once existed inside of God, just as the word become flesh that existed in heaven before it manifested on earth as Jesus Christ. We are created after the likeness of Christ Jesus in the spirit as spirit beings, then we materialized into this physical realm as human beings bearing human

names. No wonder in the book of revelation, Jesus Christ spoke about giving us a name that no one knows except you and Him alone. The spirit man is encapsulated in the body which is our outer shell, it can always relate with God from this realm. When God wants to speak to us, He always communicates directly into the nature of Himself that lies inside of our inner compartment. That spirit man is referred to as the inner man that must be renewed day by day. The spirit man is also fashioned and born into the corruption of this age, but for it to function in its designed divine manner, it must be renewed and transformed to be like the original one that existed before creation. The spiritual man is eternal because he lives even after the body is gone and decays on earth. Our spiritual man also has the ability to grow and it does that by simply feeding on the living word of God as well as undergoing certain spiritual exercise like praying, fasting and communing with The Holy Spirit. Prayer has the potency of enlarging the spirit man to be able to contain and accommodate the anointing of God released upon him. Jesus Christ is resident inside our spirit after our new birth experience as the Anointed One. God releases His anointing upon the Anointed One that resides within our spirit who administers everything according to His counsel. Jesus Christ, The Anointed One is the base and foundation of the anointing in anyone's life. Since Christ, The Anointed one reside within our spirit, we must do our best not to corrupt our spirit man, keeping it in the right perspective must be a priority for us. If our spirit man is corrupted, then the anointing that we carry will be corrupted because its base, spirit man is out of spiritual balance. But, if we renew our spirit man and grow in the knowledge of Christ Jesus, then the anointing will be genuine and sharpened. Since the spirit man is the resting place for the anointing, if it is purged and purified, it will contain more of the anointing to function on earth. Whenever we fast, the outer man dies and the inner man which is the spirit man is opened to receive more of God's anointing. The outer man is a shell that covers the inner man of the spirit. For the spirit man to be open, the first layer of the outer man must be taken away by fasting. During fasting, Angels are sent to strengthen our spirit man and give it spiritual nourishment to survive. God also bring us to the well of living water to drink and get more matured spiritually. That is the only reason why many people fast and still get sustained for that long. They spiritually get fed by God for

the renewing of their strength.

*Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; And were all baptized unto Moses in the cloud and in the sea; And did all eat the same spiritual meat; And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ*

*1 Corinthians 10:1-4*

The bible says that, Jesus Christ is that Rock they drank from in the wilderness when they thirst. Also, when we fast, we are in a wilderness needing to be fed by Jesus Christ the Rock that sprang out water in the desert for sustenance. Jesus Christ is the living spring source. If we drink from Him, we will receive strength and life. No man partakes of heaven's resources and remains normal, certain changes definitely must happen in him. That is why when you drink of the living water and eat of heavenly bread, your life takes a new shape and pattern in encounter as the anointing is release upon you. The anointing is God dwelling in a man in the likeness of Jesus Christ The Anointed One. When you encounter Him in the wilderness during the process of fasting, He will cause you to eat of His body and drink of His blood. This will make you take His nature to become like Him on earth, full of power and might.

## **The Mystery of Communion**

When you enter from the wilderness of your thirst and hunger for more of God, taking a tour into the spiritual realm and trekking a path that is less trekked by many to encounter The Living Christ, He takes you through several dealings. Finally, He will permit you in your weariness and anguish of heart and soul to see Him and touch Him; eating of His body and drinking of His blood. He will spiritually nourish your spirit man, making you one with Him in spirit, soul and body.

*I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever: and*

*the bread that I will give is my flesh, which I will give for the life of the world. The Jews therefore strove among themselves, saying, how can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live forever.*

*John 6:48-58*

Jesus said, except you eat of my body and drink of my blood you have no part in me. He called Himself the bread of life, this means that, He is The Living Bread or the bread that can bring life. I believe there has not been an earthly bread produced that can give life or bring life to someone that has no life neither is there any water that is living invented that when you drink of it, you will not be able to thirst again. All these are spiritual speaking by God trying to communicate spiritual realities to us in the natural so that we can come into a covenant with Him both in the spirit and in the natural so that we can have earthly and heavenly relevance. This is cosmic authority and government.

*For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.*

*Leviticus 17:11*

The life of a being is in its blood. It has always been the desire of God to unite Himself with His creation, man and for man to have similar authority and power as He has so that man can become like God. This can only be done if God unites Himself with a man spiritually. Through the covenant of blood, man was able to come into God and God into

man to function like God on earth as it is written:

*Jesus answered them, is it not written in your law, I said, ye are gods? If he called them gods, unto whom the word of God came, and the scripture cannot be broken (John10:34-35). I have said, ye are gods; and all of you are children of the Most High.*

*Psalms 82:6*

God chose to procreate gods and lords after His kind and kings after His kind. So, we become smaller God, kings and lords under The GOD OF GODS, KING OF KINGS AND THE LORD OF LORD. As it is written, that the life of a being is in its blood, and anyone that drinks of the blood of a being becomes one with that being and naturally take on the life of that being, that is the mystery of communion. We become and partake of this eternal Bread of Life and drink of The Living Blood that has the eternal life of God, so we can share in His glory and suffering.

From the above picture painted from the mystery of the communion, you will see why it is important that both communion and fasting should never be a physical religious exercise, but a high level spiritual activity with the revelation of the purpose and the reason. What shall it profit you if you starve yourself and receive no spiritual nourishment from God? It is better you feast and rest knowing you did nothing worthy of heavenly reward.

When next you decide to fast, seek to encounter Jesus Christ The Anointed One in the wilderness so that you can fellowship with Him and take upon yourself His nature and likeness. Until you partake of Him in the wilderness and be strengthened by His angels, you will never be able to grow in your spiritual man.

I recall when I began my journey with God, it was not long before I realized the need for me to begin to fast and pray waiting on God on a daily basis. Seriously speaking, if you so desire the anointing and want to walk in uncommon supernatural dimension of the power and authority of God, then you must have a season in your life when you fasted more than you ate and prayed more than you talked –like your life depend wholly on those two parameters. When that is done and the season passes in your life, you will experience a breakthrough from certain resistance

that limits people naturally in their quest for the anointing. You must realize that you are not the first to desire the anointing, many have been in your shoes. Some passed through while others failed to pass through because of certain demonic and satanic resistance and influences. For you to breakthrough those tentacles of the devil, you must have a season in your life when you prayed and fasted like your life depends on it. That will clear your path of any satanic resistance and influence for long.

When your desire for more of God and your obedient to His will and commandment increases, then naturally, the anointing begin to flow through you. Demonic resistance are built by demonic princes from the second heavens seeking to hinder and limit your penetrating ability into the heavens as well as your influence on the earth. With much more prayer and fasting, God will release His strength and power upon you to break through the veil and wall that limits you.

When I continued to pray and fast for months seeking the face of God, it was in those season I began to have intense spiritual experiences and prophetic encounters that drew me closer to His presence to see His face and His glory. That glory that covered me left a residue of His anointing upon me to function even when the encounter was over. I still have lots of friends that fasted for years, some are still fasting now seeking God with the whole of their heart. This has kept them in close communion with God, and has sustained the anointing upon their lives.

*But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.*

*Corinthians 3:18*

We can never become like what we have not seen. The anointing of The Holy Spirit is revealed in the face of Jesus Christ. When we fast and pray, it should bring us closer to see and encounter Him. When we see Him, the veil in our eyes are taken away so that we can see Him for who He Is in His glory. No man sees Jesus Christ and remains the same. Also, you cannot be anointed without encountering Christ Jesus The Anointed One. It is crystal clear in the scriptures and consistent in the account of God's Generals, and others who have walked with God throughout history that the moment they encountered the person of Jesus Christ, He leaves with them something that change their lives

which is the anointing.

We have seen many people that have claimed to have seen Jesus Christ and had nothing to show for it, some of them still even propagate iniquity. I doubt if they saw the same Jesus Christ some of us saw because no man will encounter the one true risen Christ and still remain the same. Christ is a transforming Spirit; He seeks to transform everyone that comes to Him willing to be transformed.

Fasting makes me more conscious of the heavenly realm, and of the love of Christ Jesus towards me. This gives me the strength and comfort to continue in my quest for more of God in life. Also, because of the love I have towards Him, He releases His anointing upon me to ease my burdens and keeps me going. The anointing makes things easier and opens doors of opportunity.

Fasting separates and consecrates us unto God. Most times, when I am on a fast, I separate myself to God and get my bible, play teaching tapes, read the scriptures and soak in the atmosphere of the anointing that is created. It doesn't take long in such atmosphere before you become infused with the anointing of The Holy Spirit. This opens you to certain spiritual realities. Nobody can remain in the presence of God without being transformed and anointed. As you fast, pray and study in the presence of God, the anointing becomes part of your life and you find yourself naturally walking in it.

I realize that many, if not all men and women of faith that did terrible things on earth never took fasting lightly. They separated days in the week for fasting and praying. Some took the first week of the month indoor just seeking the face of God in fasting and prayer making supplications unto God. Others took first month of the year; others took three months in each year while others fast on a regular basis as a lifestyle. On my own accord, I found fasting regularly more profiting. Nevertheless, people that fast regularly are not all led by God to do that, most people do it as a life style and a way to discipline the flesh and the body to subdue it with its lust. Many people fast to stir up the anointing upon their lives when they have a ministration. It is very good as a regular Sunday pastor to at least fast and wait on God on Saturday to hear what God will have you say to His people on Sunday. You will need fresh revelation, current wisdom and insight from God to deliver to the people. Ministers of

nowadays hardly fast, the act of fasting is almost lost with many just depending on only the basic gifting of The Holy Spirit.

If we must genuinely bless our congregation, then we must undertake fasting, studying and praying to wait on God for an encounter that through you, He can encounter His people. I found it common that most of the generals that walked with God on earth followed the pattern of Jesus Christ and the prophets of old. They fasted for long days before venturing into any heavenly mandate or a full time ministry given to them. That act seems to concentrate the anointing and release the response of heaven. Many people embark on long fasting and come back in the power of The Spirit full of grace and glory.

This is true for we saw it even in the life of Jesus Christ who after been baptized by John the Baptist was led to the wilderness to be tested of the devil. He returned full of the anointing of The Spirit and power. Also, we saw how John the Baptist lived an isolated life from among his people and remained in the wilderness seeking God. It was said of him that he remained in the wilderness until the time of his showing forth unto Israel, and he was a shining and a burning light. What a man of the anointing and full of power! No wonder it was spoken of his disciples that they fasted a lot. He trained them in the way of fasting and waiting on God because therein lies the anointing and power.

Even in the Old Testament, we saw how the prophets and our fathers of old undertook fasting. It was never a hard thing for them to do, it was normal because they knew fully well that it produced tangible results. They didn't relent in committing to it when the need arose. Moses was on the mount for 40 days with God without food or water like it was a few hours and never complained of hunger, for The Lord God was his sustainer on the mount top. He returned back not just with the ten commandment from God, but with more anointing and power from God because the presence of God rubbed off on him that was literally visible for all to see. The visible anointing upon him was the glory of God which was never on him when he left for the mountain top to meet God. As a result of fellowship, fasting and talking with The Living God, he was permitted to share in the glory of God.

Most times, God gives command for the people to be consecrated by fasting and praying before He will come speak to them. Fasting surely

has an effect on the spiritual nature of a man in his quest towards God.

*And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.*

*1 kings 19:8*

A similar situation was seen of Elijah the prophet. He was running from Jezebel and the angel of The LORD came to him and gave him food to eat in the wilderness. Truly the angel never cooked in the wilderness, but brought the food from the heavenly realm which is the heavenly bread and meat, and anything that is heavenly has the texture and nature of heaven. As it was recorded that after the meal, Elijah went in the strength of that food for 40 days. Well, that must be supernatural because no natural food is eaten once and gives strength that can sustain for 40 days, only by the anointing can such a thing happen. When a man eats of angels' bread, he is given a place among them to share in their strength and power.

*Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward hungered.*

*Matthew 4:2-3*

We saw the same in the life of our ultimate model Christ Jesus. After being baptize, He was led to the wilderness to fast and pray for 40 days. In like manner, I have seen people that embarked on a 40 days fasting and another 70 days fasting of which when they returned from it they came back refreshed in power and anointing of The Spirit of God. Of course, such should never be done without a revelation of why it should be done because your heart posture matters a lot to God. The reason should not be the power or the anointing but to encounter and see Christ Jesus The Anointed One because when you see Him, then the anointing and power will be a by-product of your encounter. When you seek power and the anointing without a genuine love for God with a pure heart, your desperation may lead you to error. By and large, if our fore fathers: prophets, kings, priests, Jesus Christ and His Apostles fasted, then we have no other option than to follow suit.

*Go, gather together all the Jews that are present in*

*Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.*

*Esther 4:16*

Esther became the queen in Shushan after Queen Vashti was deposed as queen by the king. She represented the Jewish people because she was a Jew. One day, a threat befell the Jewish nation in that country that only she could solve. Her uncle, Modeccai who was also her guardian was depressed putting on sack cloths and ashes asking the lord to intervene. He did not know that God has long foreseen this problem and has put a potential deliverer in the palace as the queen. Mordecai spoke to her about her responsibility and what God will have her do for His people. She understood the mystery of fasting and how it brings God into a situation. She declared a 3 days compulsory fasting and prayer even the animals were not excluded. To the human mind, 3 days will not be considered long enough for the situation at hand, but because she got it by revelation, it was. A one day fast in the spirit will do for you what many days of fasting in the flesh cannot do.

Daniel fasted and pray for 21 days but when the angel came to him, he told him that from the very first day he began to pray he was answered by God. With that, we can see that it is not really how many days you fast and pray, but the posture of the heart and the quality of your prayer by the revelation of The Spirit of God.

Finally, the wisdom of God played out for the Jewish people and God intervened on their behalf and rescued them. The Jewish people became like lords over the kingdom that they were once strangers. I believe it was the anointing and the favour of God that was released upon Esther which caused her to find herself in the palace overnight. Also, their prayer and fasting which influenced the heart of the king to be in their favour.

It is written that, when a man's way pleases The lord, He makes even his enemy to be at peace with him. God loves us all the same, but He honours them that honour Him and favours them that favours Him. The day you choose to honour and favour God even in your fasting, studying and praying, then God will begin to honour and favour you with His

anointing to succeed in life.

*Then came to him the disciples of John, saying, why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, Can the children of the bride chamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast.*

*Matthew 9:14-15*

Jesus was asked why His disciples don't fast as John's disciples do. Well, it is obvious that John's disciples were fasting to communicate with God as well as draw closer to God, but when Jesus Christ came to the earth He came as God, so they don't have to fast to draw closer to Him, but just to follow Him and hear His teachings as the Apostles did. That is why even John said, Jesus must increase and he must decrease. In that, Jesus Christ came to end the ministry and ministration of John the Baptist. If you were John's disciples before, then your new master must be Christ Jesus at the time He was revealed to all. John's disciples were still fasting religiously because they didn't know that The God they sought is in Jesus and there is no need to fast to talk to Him because He is among them physically. They just have to follow Him and ask anything as He will do it for them. He was The Bride Groom present with them, they had no need to fast as He is with them. But, when He is gone as He is now, they will have to fast to access Him in the heaven.

*Howbeit this kind goeth not out but by prayer and fasting.*

*Matthew 17:21*

Jesus told them that their unbelief will be cured if they began to give attendant to fasting and more prayers. It had not been long that He sent them out, two by two and they took authority over demons and the demons obeyed and left then, what went wrong now? Jesus made it clear to them that it is not like they don't have more anointing and needed more by fasting and praying, No! But His comment was to emphasis the use of fasting to eliminate unbelief. It is clear that they had faith, but they needed to be more stable by having a deep conviction in their belief. For them to be stable and function more effectively in the anointing, they needed to fast.

No matter how anointed you are, if you waver in faith in unbelief, you will limit the functioning of the anointing in your life. Be stable and confident in God's anointing on your life believing that it is God's ability to perform supernatural things and to change impossible situations to become possible not by your doing but by God's working with you. Amen.

Shalom!!!

## Notes

## ABOUT THE AUTHOR



### **PHILIP CEPHAS**

**P**hilip Cephas is a seasoned apostolic and prophetic teacher of the gospel. He is a man of love, wisdom, revelation and prayer. He is cantered on effective balancing of Kingdom principles, doctrine and revelations to equip the Body of Christ apostolically and prophetically into its full manifestation of Christ. His love for the Body of Christ is endless. This drive has led him to evangelize and conduct outreach programs in different cities and villages so as to reach the lost souls and administer the gospel of Christ within those environments. He is interested in raising and mentoring youths and adults in the area of prayer, leadership, influence, relationship, investment and the anointing. He is also a prolific writer. He has authored many books such as *The Prophetic and Vision*, *The Vision of a Great People*, *Roadmap for a Weary Sojourner* and many others. He has been an instrument in the revival movement within Nigeria. He is resident in Lafia, Nasarawa State, Nigeria.

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**For Mentorship**

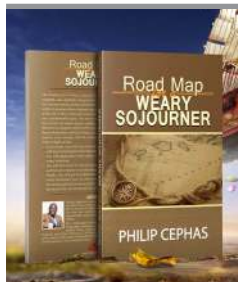
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## BOOKS BY THE SAME AUTHOR

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### ROADMAP FOR A WEARY SOJOURNER

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This manuscript is likened to a compass employed by a spiritual sojourner to journey to the desire destination without being weary and tired, lacking the strength, passion, zeal, courage, and the understanding to press further into the realm of light and life.

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### THE PROPHETIC AND VISION

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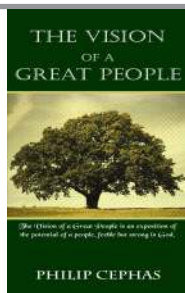


The prophetic and vision is a revelation from The Holy Spirit, and a clarion called into the experiences of the prophetic. You don't have to be a prophet called into the office of the prophetic to function in the prophetic. The speaking and dealings of God is prophetic in nature.

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### VISION OF A GREAT PEOPLE

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The vision of a great people is a lile story and a fiction of a family who has been helped by God and still being helped by Him. Among many systems of God expansion upon the face of the earth, a man is pivotal.

# For More Information & Feedback

## Contact;



*My heart bursts its banks, spilling beauty and goodness. I pour it out in a poem to the king, shaping the river into words:*

*Ps 45:1 MSG*

*The Lord gave the word: great was the company of those that published it.*

*Ps 68:11 KJV*

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*We will be glad to hear from!*

